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**21**

**CENTURY 21**

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2016

## Emergency workers take the lead on coronavirus

SUE TIFFIN

Staff Reporter

As calls for physical distancing – staying metres apart from each other, staying home, not socializing with people from outside of your own household – became more urgent, reminders online that first responders and health-care workers “step forward while the rest of the world steps back,” and images of doctors, nurses and first responders holding signs that read “stay home because I can’t,” began spreading.

Minden Hills fire chief Nelson Johnson said his captains have asked what will happen should they become infected – do they go home, where they might spread the virus to their family?

“We have to weigh the risk with the outcome for this stuff, too,” said Johnson. “That’s a very big question, something that we now have to look at, and figure out how to deal with that.”

Modern-day fire departments respond to more than just fires, instead responding to numerous hazards, including medical calls.

“It’s kind of changed a little bit, it’s still the big red trucks, and still the most amount of people we can get there, but

see **FIRST** page 8



### Provincial restrictions quiet streets

Highland Street in Haliburton had very little traffic on what would have been the first day back from the March Break on Monday, March 23. Business has slowed as provincial restrictions are put in place to control the spread of the coronavirus pandemic. On Monday, Premier Doug Ford announced that non-essential workplaces would be closed as of 11:59 p.m. Tuesday, March 24. /DARREN LUM Staff

## Health unit reports region’s first COVID–19-related death

CHAD INGRAM

Staff Reporter

The jurisdiction served by the Haliburton Kawartha Pine Ridge District Health Unit experienced its first COVID-19-re-

lated death during the weekend, with a man in his 80s passing away at Lindsay’s Ross Memorial Hospital on March 22.

According to a press release from the health unit, the man was admitted to the hospital on March 19 exhibiting high fever and “influenza-like illness,” and tested positive for the COVID-19 virus

on March 21. Pneumonia and COVID-19 were listed as his causes of death.

“We offer our sincere condolences to this man’s family and our thoughts are with them during this sad time,” Dr. Lynn Noseworthy, medical officer of health for

see **TRAVELLERS** page 5

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# PSW shortage left Haliburton man without needed care

JENN WATT

Editor

When one of Jay Poyner's personal support workers decided to leave her job in February, it also left Poyner without someone to help him get to bed each night.

The Haliburton resident has a severe form of muscular dystrophy, which in recent years has limited his range of movement, making it impossible for him to get into bed by himself. So, for several nights in a row in February, the 54-year-old slept in his wheelchair – a situation that was not only uncomfortable, but also caused him worry that he would develop pressure sores.

"I have a hard time moving," Poyner said, seated in his power wheelchair in the shared meeting space in Whispering Pines apartments. "Once I'm in bed, I'm kind of stuck there, I can't move."

Poyner said part of the issue is that ParaMed, the home-care provider contracted by the Central East Local Health Integration Network, did not have a PSW available to work at the bedtime hour: for him, between 10 and 11 p.m.

There is a worker who comes by in the morning to get him out of bed, using his Hoyer lift, between 7:30 and 8:30 a.m. Even when there's enough staff, that means he is in bed for between nine and 10 hours.

"The part about not wanting to be in bed for, say, 10 hours isn't just about [how] I might have to go to the bathroom," he said. "I need to move because I am sore by the time morning hits and I worry about pressure sores."

The week after his evening PSW left, Poyner said he spent the Thursday, Friday and Saturday night with no assistance in getting to bed.

Home care is provided through companies contracted by the Local Health Integration Network, commonly referred to as the LHIN. The LHIN does intake and assesses eligibility and then a service offer is sent to one of the organization's service providers.

"The clinical management of the care is the responsibility of the service provider and the responsibility to manage the contract is the responsibility of the LHIN," said Karen O'Brien, senior manager of communications for the Central East LHIN.

She said that patients are not prioritized over one another, but receive service based on their care plan. "In emergency situations or when there are shortages of human resources patients are triaged to ensure that the most vulnerable are seen first," she said.

O'Brien confirmed that there is a provincial shortage of PSWs, but said she did not have specific figures on the depth of the problem.

"Some geographic regions are experiencing it more than others, in Central East LHIN we are experiencing it the most in our northern regions. We do not have the exact numbers because it changes based on changing needs in communities," she said.

As to whether there were standards set by the government about what patients receiving publicly funded home care should expect, O'Brien said: "The LHIN always attempts to try and meet the needs of the patients and when care plans are created they are done so with the patients' care needs taken into consideration."



John "Jay" Poyner says the system assigning personal support workers isn't responsive to the needs of those who need them most. Poyner has muscular dystrophy and needs a PSW to help him in and out of bed. For several days in February, he slept in his wheelchair as no one was available to help him. /JENN WATT Staff

She said the patient should speak to their care coordinator if they have concerns and if they're not satisfied they can appeal.

Rodney Lau, district director at ParaMed, said he couldn't speak specifically about Poyner's case, but said the service provider is dealing with a PSW shortage.

"We are sorry to hear about this client's experience. At ParaMed, we take our commitment to client care very seriously and our goal is to ensure the safety and well-being of every person we care for. Due to patient confidentiality, we cannot discuss the details of any specific situation. We can say that we continue to work closely with the Central East Local Health Integration Network on this matter. ParaMed, like other service providers in our region, is faced with an acute shortage of Personal Support Workers and we are working to recruit and retain employees," he said in a statement.

ParaMed did not answer questions regarding contributing factors to the PSW shortage such as whether the rate of pay or compensation for mileage contributed to the problem.

Regarding wages, O'Brien said: "There is a minimum wage (\$16.50) requirement that all government funded agencies must pay. Agencies also compensate for mileage in different ways (stipend, per km etc.)," however, the *Echo* did not receive details from ParaMed about how it compensates its staff.

David Jensen, a spokesperson for the Ministry of Health, said the government is working on a PSW strategy "that would optimize and stabilize Ontario's PSW workforce," with more details soon to come.

He said the ministry has been made aware of factors contributing to shortages including "compensation,

travel, scheduling, training, access to patient information and the nature of home care service delivery."

"The ministry is also taking steps to expand the capacity of the home care workforce through client-partnered scheduling, an initiative that lets service providers schedule visits directly with home care clients to better match available personal support workers with client preferences," he said.

Jensen said that new legislation would also make things better for patients needing care at home.

"Recently, the government announced a plan to enable integrated and innovative models of home and community care through the introduction of the Connecting People to Home and Community Care Act. If passed, the legislation will allow Ontario Health Teams to deliver more innovative models of home and community care. Patients will benefit from primary care, hospitals, home and community care and long-term care providers being able to collaborate directly to provide care that best meets individual care needs. Service maximums will also be eliminated," he said.

More recently, Poyner said ParaMed has found someone to come in on a temporary basis, but that when there has been bad weather, sometimes he doesn't get help. He inquired with his care coordinator about a program called "family-managed home care," which would enable him to hire someone himself to come in during the bedtime hour. That process is in the works.

Still, Poyner said he is frustrated that he's had to work so hard to advocate for his care and endure so many days without the assistance he needs.

"All in all, this has been hell and I'm not afraid to say it," he said.

## Get your guess in for the Head Lake Ice Out contest!

The deadline is Friday, March 27. Be sure to include the day and time you think the last chunk of ice will melt. The winner receives a one-year subscription to the *Haliburton Echo*. Email [jenn@haliburtonpress.com](mailto:jenn@haliburtonpress.com).

**COVID-19**  
Coronavirus

**Please note that due to the COVID-19 crisis the Haliburton County Echo office will be closed until further notice.**

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# COVID-19

## Coronavirus

# Helping seniors with access to groceries

DARREN LUM

Staff Reporter

When you need to shop for groceries and you're a senior or among those more vulnerable to the coronavirus, it's important to remember there are options in the community.

At the Haliburton Foodland, they have been packing orders for pick-up and are working with the Rotary Club of Haliburton to get orders to people's homes.

Rotary president Brian Nash said he thought of the volunteer delivery idea from reading a social media post by Foodland's owner Brad Park, who said he hired extra staff to pack orders for phone pick ups.

"When I read that I called Brad and I said, 'Hey, Brad. I would be happy to come out and make some deliveries if you have some folks who are elderly or incapacitated or don't have anybody to pick up their food,'" he said.

Park was grateful and welcomed the help in reaching his customers.

"We're extremely grateful for them to do this. More volunteers every day are stepping up to help out. Without this we couldn't cover the area we are covering," he said.

Nash then asked Rotarians to join him in his efforts with the delivery.

Foodland and the Rotary Club of Hal-



Rotary Club of President Brian Nash stands at the back of his vehicle with a delivery of groceries ready to go, illustrating what he and a group of Rotarians are doing to help seniors and those at risk to contracting the coronavirus. /DARREN LUM Staff

iburton have regularly partnered before on the Good Food Box, a program that provides residents the opportunity to purchase affordable fresh food.

This week three more drivers have joined the volunteer driving group that includes Roger Trull, David Ogilvie,

Kevin DesRoches, Don Popple, Heather Philips, Adele Barry and Georgina Boyle. The volunteers are available to deliver from Monday to Friday at 4 p.m. This schedule could change depending on need, Nash adds.

Nash moved to the Highlands in 2008

and has always supported food security for people.

"I've always been a big advocate for food security and one of the first associations I joined was back in those days called the Harvest Haliburton, which was run by the health unit," he said.

## Senior hour available at Todd's Independent

As of March 17, Todd's Independent Grocer is offering seniors and those who feel at risk an opportunity to have the store to themselves for the first hour of operation.

"We are trying to provide a safe shopping environment for every customer. As you are aware, seniors are at higher risk. Starting [March 17] at 7 a.m. to 8 a.m., we suggest that seniors over the age of 65 or anyone that feels they are at higher risk choose this time to shop when it's the least [busy]. Every little bit helps to keep this great community safe," the store posted on its Facebook page on March 16.

In the first few days there weren't any lineups, he said.

The store also offers online ordering and pick-up through its PC express service.

The situation remains fluid so Todd suggests people remain up to date with the store through @ToddsYIG on Facebook.

# HHHS working to secure more protective equipment

JENN WATT

Editor

Health services staff in Ontario are concerned about the supply of personal protective equipment as they address the COVID-19 pandemic and Haliburton Highlands Health Services is no different.

Sufficient supplies are on hand for existing demand, said CEO Carolyn Plummer responding to questions from the *Echo* on March 22, but that could change.

"Similar to all other hospitals in the province, we are starting to run low on personal protective equipment and we are actively working with our regional partners in anticipation of increasing demand to ensure that the required supplies are in place," she said.

As would be expected, HHHS is receiving many inquiries from the public about the coronavirus and most are taking seriously the direction to self-isolate after returning from travel, she said.

HHHS staff who have recently travelled were required to self-isolate as of March 14, days before it was officially recommended by the Public Health Agency of Canada, Plummer said. Gaps were covered by current staff.

"This is largely due to the willing-

ness of staff to 'step-up to the plate' and support one another in the best way possible. However we know the situation is changing rapidly and we have been preparing for that in many ways, including actively upstaffing to ensure enhanced resources in key pressure areas such as housekeeping and screeners ..."

HHHS has a process in place to screen for those with symptoms of COVID-19, she said, "HHHS currently has active screening for anyone presenting at our facilities. If someone presents with symptoms at [the emergency department] they are asked to don a mask immediately and use proper hand hygiene. Further assessment is completed outside of the waiting room area to determine if testing is indicated. HHHS has an isolation room with negative pressure in each of its [emergency departments] to prevent spread."

The CEO praised staff for their commitment to the health of the community. "The positive feedback that they are receiving from the community means a lot and is shared widely with our entire team. It makes a difference to their day," she said. "We can all extend our appreciation to our health care workers during these challenging times and fill-up the bulletin boards with expressions of gratitude for all that they do."

## 2019 Novel Coronavirus (COVID-19)

# What you need to know to help you and your family stay healthy.

- Only visit an assessment centre if you have been referred by a health care professional.
- Avoid non-essential travel.
- Monitor for symptoms after travel.
- Avoid large gatherings.
- Be prepared, but avoid panic stocking.
- Caring for those who are ill? Take precautions.
- Clean high-touch surfaces regularly.
- Order your prescription medication.
- Practice cough and sneeze etiquette in transit.

**If you have symptoms, take the self-assessment at [ontario.ca/coronavirus](https://ontario.ca/coronavirus). Or call Telehealth Ontario at 1-866-797-0000 (TTY: 1-866-797-0007) or your public health unit.**



# COVID-19

## Coronavirus

# Restaurants adapt to serve during pandemic

SUE TIFFIN

Staff Reporter

Local restaurant owners are struggling to keep doors open day-by-day, while dining rooms are closed across the province after a provincial state of emergency was declared March 17 in an attempt to stop the spread of COVID-19.

The declaration, made by Ontario Premier Doug Ford, bans gatherings of more than 50 people and closed bars and restaurants to service outside of takeout food and delivery.

The Dominion Hotel in downtown Minden announced that afternoon that it would be closed until further notice.

"We are heavy-hearted in closing the Dominion Hotel," owner Shawn Chamberlin told the *Echo*. "The Dominion has been in the centre of Minden for over 155 years. It has provided food and shelter through sub zero weather conditions and storms, floods that shut down the town and more calamity. The 'D' has been the place where folks come to be reassured there still is life. It is their connection to humanity. Where kind words are exchanged. Where a friend can be found to talk with. And a place where people can find a little happiness. When the doors are locked this bit of life is removed from the community."

Chamberlin said the decision to completely close the establishment was based on concern for staff.

"Staying open for take-out only would mean some staff would have to work," he said. "However, this would mean we could jeopardize their chances of applying and qualifying for government assistance programs. We wanted our staff to have as much chance as possible to receive help. Naturally our other thought was to eliminate any chances of staff exposure to flu germs. As employers we have few tools to protect our staff. This is an important one."

Chamberlin said there is worry, but also faith and hope that people will pull together throughout the pandemic.

"But we still are worried," he said. "Timing is our enemy and the costs to small business build as the days go on. At some point these costs will hit a tipping point. And, like most businesses in the Highlands, we suffer through the winter as our sales decline. Most businesses feel that it is a good month when



McKee's Tap & Grill in Haliburton was not open to diners, but was offering takeout on Saturday, March 21. On March 17, the province of Ontario ordered that bars and restaurants only prepare take-out food and delivery, to prevent the spread of the coronavirus./JENN WATT Staff

they break even in the winter. So our cash reserves are not in good shape. Like all other businesses I'm sure, we are worried about our investment."

In response to how the government is handling the crisis, Chamberlin said, "I would not want to have my final report

card at the beginning of my semester. I think we can only accurately measure government's response after this crisis is all done."

"I think that there are many in the government who are sincere and are working within the limits of their office to

help Canadians," he said. "We have to wait and see how their programs roll out. Hopefully the near future will have meaningful announcements. But time is of the essence. Our bills keep coming. Heat, water, insurance bills don't realize there is a crisis."

Across the river at Molly's Bistro Bakery, staff have largely been laid off, but the business remains open promoting take-out meals, frozen meals and soup that have always been an option.

"I think I'll stay open until they tell me I have to close," said McInerney, "because I think we have it well-managed here with how we're handling everything and sanitizing, and keeping everyone at their distance."

McInerney said she hopes to also offer delivery service in the town of Minden for those unable to come to the Bobcaygeon Road location, or for those practicing physical distancing.

While Boshkung Brewery retail spots remain open for take-out, Rhubarb announced its closure on March 17.

"We really, really felt that it wasn't financially responsible to stay open," said Terri Mathews-Carl. "We make everything made to order from scratch and that's hard to prep for in advance not knowing how many would order take-out. We also feel it is safer for our staff and the public to be closed."

She appreciated that employment insurance measures were put in place by the government to aid those in need, but noted, "it's still going to be very hard financially for everyone to manage during this time."

Despite a time that is stressful for everyone, Mathews-Carl was staying positive.

"We are in good spirits and hopeful," she said. "People are kind and it's nice to see people offering helping hands."

McKee's Tap & Grill in Haliburton has stayed open, with chef Aaron Walker working alongside his wife, Melissa, to serve customers take-out food after all other staff was laid off.

"We are distressed that there is no communication of expected outcomes regarding closures of hospitality since it is impossible to plan without information, henceforth, we plan for the worst," he said. "We expect long-term closure as the situation deteriorates. We would gladly self-isolate but reality is that we

see SOME page 5

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# COVID-19 Coronavirus

## Some restaurants choose to close

from page 4

have to pay rent, hydro, propane, insurance, etc. We have maintained benefits for our staff as they are laid off. We hope for positive outcomes in the upcoming months, however, no communication exists to guide us so we are preparing for our worst-case scenario."

Andy Oh at Maple Avenue Tap and Grill in Haliburton said he was stressed over the situation as he continually wondered whether he should stay open or close.

"It is a constant concern," he told restaurant spokesperson Kathryn Kidd.

Oh was keeping "Maple Ave," as it's known colloquially, open with the help of his wife and daughter. A total of 13 people have been laid off from the restaurant.

"It is a time of stress for everyone," he said. "Everyone handles stress differently. It is a personality 'thing' and everyone has their own way. Some handle it better than others."

Oh said he wanted everyone to come together as a community.

"Check on your neighbours," he said. "we are not a community that is all about 'me' and 'I,' we are a community that is about 'we' and 'us.' We need to work and move forward through this as one community, as a whole, and not hoarding toilet paper."

Oh hoped to stay open for the community, but made the decision on the weekend to close.

At press time, the following businesses were remaining open in a take-out or delivery capacity, according to a list compiled by the Haliburton Highlands Tourism team. Please call ahead first to confirm or place orders:

**Algonquin Highlands**  
Mill Pond Restaurant

**Dysart et al**  
Abbey Gardens  
Castle Cafe  
Haliburton Highlands Brewing  
McKee's Tap & Grill  
Rebel Elixir Coffee Roastery  
The Cookhouse – Haliburton Forest  
West G Pizza & Grill

**Highlands East**  
AM/PM Outdoor Gourmet

**Minden Hills**  
Boshkung Brewing  
Boshkung Social  
Mill Pond Restaurant  
Molly's Bistro Bakery  
Nourished by Raisin the Root  
The Pepper Mill Steak & Pasta House

## Travellers must self-isolate

from page 1

the HKPR District Health Unit, said in the release. "Unfortunately, this man's tragic passing highlights that we now have community transmission of COVID-19 in our area."

Noseworthy emphasized anyone feeling ill or returning to the country from abroad is to self-isolate for a period of two weeks and in general, everyone is encouraged to practice physical distancing, keeping a minimum distance of two metres from one another. It is recommended that people limit time out making essential purchases, and avoid public settings.

The province's online self-assessment

tool is available at <https://www.ontario.ca/page/2019-novel-coronavirus>.

At press time, there remained 10 confirmed cases of the novel coronavirus within the HKPR district, but none within Haliburton County. Six of those cases were men and women in their 60s and 70s who'd recently returned from travel abroad, four from within Northumberland County and two from the City of Kawartha Lakes. Those individuals were all self-isolating, according to the HKPR District Health Unit website.

Additionally, in the City of Kawartha Lakes, three residents of a Bobcaygeon nursing home are confirmed to have the virus, and are being kept in isolation.



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Forever in our memories: Creighton Feir

## Apart, together

**F**IRST, BEFORE anything else, we want to thank those who over the last couple of weeks have been on the front-lines in our community as we all scramble to respond to the novel coronavirus. The health-care workers, grocery store clerks, first responders and cleaning staff and so many others are working to keep us healthy and safe. They're out there in public spaces, selflessly holding everything together. Thank you.

What the rest of us can do is ramp up our efforts to keep COVID-19 at bay in our community. On Sunday, we received the sad news that someone in our health unit region has died from pneumonia and COVID-19. The man in his 80s was admitted to Ross Memorial Hospital in Lindsay on March 19.

Dr. Lynn Noseworthy, the medical officer of health for the Haliburton, Kawartha, Pine Ridge District Health Unit, said there has been community transmission since the man did not have travel history or contact with someone confirmed to have COVID-19.

We do not know whether the virus is in Haliburton County. As I write this column, we have no confirmed cases here. However, medical professionals are urging people to behave as though we all have it – to keep our distance from other people (at least two metres), limiting the time we're out buying essentials and avoid-

ing public places.

For those who are returning from travel or who are ill, you are to self-isolate for 14 days. No going for groceries or visiting with neighbours. Food can be delivered, neighbours can be reached by phone, text, FaceTime and any number of virtual methods.

This is an incredibly stressful time and one that is requiring a great deal of sacrifice – for some far more than others. However,

as we watch the devastating situation in China, Italy and now the United States, it's becoming clear why we need to take these precautions.

Ontario has set up a self-assessment on their website [ontario.ca/coronavirus](http://ontario.ca/coronavirus). If you think you might have COVID-19, start there. We've also posted a thorough document on how

to stay healthy and prevent the spread of coronavirus, which was written by the Haliburton Highlands Family Health Team, on our website.

It's important to remember right now that while we're keeping our physical distance, we're all still a phone call or a mouse click away from one another. We can't shake hands or offer a hug to a friend, but we can send each other jokes via text, video-chat over dinner, and post pictures of our pets to social media.

We need to do our part both to stay physically distant and emotionally connected.



jenn watt

## Editorial

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Beautiful outlook on Head Lake

by Darren Lum

## Calm and centred

**T**HESE ARE challenging times. We are all in this time of collective adversity. I certainly never thought we would get to where we are, but here we are. Our lives are changed right now, and will be for a while.

As I sit in my living room writing this article my first thought is of profound gratitude to our community. Our doctors, nurses, health-care professionals are working so hard every day to do everything they can to keep us healthy. The staff at the grocery stores are ensuring we continue to have food and supplies. And there are many others.

People are social distancing and self isolating. Parents are with their kids doing all kinds of things. We have an art gallery that has started on our kitchen counter. Our musical instruments are out and we are baking! Volunteers are delivering food to those who can't get out. Facebook and Instagram have seen a huge increase in people offering free classes and sessions in yoga, meditation, cooking, concerts, storytelling etc.

Eckhart Tolle is a favourite teacher of mine and I often check out his free meditations online. He has a page on the Internet called [eckhart-tolle.com/free-resources](http://eckhart-tolle.com/free-resources) that is worth checking out. There are free meditations, but also teachings that are helpful. He suggests that in challenging times, we need to deepen our presence. He acknowledges that there is a lot of fear about the future right now, and he suggests we practice staying in the present moment and that will reduce our own anxiety, which in turn will affect the

people around us.

There is no question that we are all going to have to dig deep and ride the course of doing less for some time. In many ways we have to return to simple times. And so we will each have to manage our own inner response to that. We could become consumed by fear and worry, and not even have the virus. Our thoughts could cause us to suffer greatly. And so, we all need to do the things that keep us mentally and physically as well as possible.

I am walking more every day. The air is fresh, the days are getting longer and there are periods of warmth. The birds are starting to return. Even if you can't walk, you can open a window or stand on your porch and take in some of the quiet presence of the natural world. We are so incredibly lucky to live where we are and to have the space around us. We all feel better when we move a bit, and

breathe deeply.

Our families and our community and our planet need us to be strong. We all need to hold the hope that we will get through this time and we will learn from it and we will look back on it and remember the kind things and the little things that we did to support each other.

The Vietnamese Zen master Thich Nhat Hanh once told a story that inspires me. "When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centred, it was enough. It showed the way for everyone to survive."

Tales from  
the great



lynda shadbolt

## Green meadow



# points of view

## Six feet over

**A**S WE ALL KNOW, coronavirus is no joking matter and certainly not a walk in the park for those who are suffering through it. Yet, I also truly believe there's no better country in the world than Canada to fight this unseen enemy from. Yes, that's mostly thanks to our health-care system and our high level of medical care and expertise. (More than ever, I'd like to thank everyone who works in that system.)

Having said all that, I'd also like to do my small bit in the fight against COVID-19 by suggesting a distancing strategy for Canada so we can minimize its impact.

What are my qualifications, you ask?

Well, not to brag but I happen to be a freelance writer who has worked from home for the last 24 years – and much of that time has been spent sitting idly in my boxer shorts. More than that, I have frequently written about squirrels as table fare and even contributed one recipe on the subject to a magazine not all that long ago. Also,

I have no issue talking at great length about the differences between deer hair from the forehead of the animal as opposed to the rump of the animal, for the purposes of tying dry flies. And I will do so without hesitation at any social event I am invited to – which are, for some reason, few and far between. All this is to say, I am clearly an expert in self-isolation – and have been regarded as such since my last squirrel recipe got published. Perhaps even before.



steve  
galea

## Loon Tales

With that out of the way, here's what I have in mind. It is a bold plan to be sure, but if we all take it seriously, I think it will pay big dividends.

OK, I propose we give each Canadian a goalie stick and pads, plus a shutout and empty net to defend. Then we place all the nets at least six feet apart and let our national instinct take over. Unless I am completely mistaken, no true Canadian would abandon net and, should the game go into double-overtime and no goalie steps outside of the crease, we just might be able to beat this thing. The good part is we will never even know we were self isolating, until the interview after the game.

It's a long shot I know, but what choice do we have?

My other idea was a National Chili Week, but that seemed a bit extreme. Plus, while flatulence is fun in small quantities, I strongly believe that there is a problem with too much of a good thing. For instance, our planetary orbit might be affected. Also, the only bright side to this pandemic is that the environment is catching a break and I wouldn't want to ruin that.

My only problem with my hockey idea is that it might not be practical, since very few Canadians want to play net for any length of time.

So, in the end I think we are going to get through the COVID-19 crisis by being what we always are at times like this: good people. When times are tough, Canadians always have a way of showing their true colours, which are created from a wonderful mix of kindness, generosity, humour, community and charity. We don't always agree. But when things get bad, we always band together and take care of those in need.

The only thing I have faith in for sure is that one day, hopefully sooner rather than later, this social distancing will be behind us and we will all look back and be proud of how we got through this together.

Then, I promise, you can come over for a nice squirrel dinner.



## pic of the past

**T**he Austin family with friend Jean Wright enjoys a popular swimming hole above the bridge on Highland Street. From left, Elwood "Bunk" Austin in the sweater, Madeline Austin in the bathing cap, Jean (no last name available), Dorelle Austin (later becoming Dorelle Baker). This photo can be found in *Haliburton: A History in Pictures*, published by the Haliburton Highlands Museum.

## Corona ain't Bologna, don'tcha know

**S**URE WISH it was bologna, like you-know-who in the White House said it was, before he had to admit that it wasn't! Nope, it's real and it's changed our lives overnight. Why ol' Maybelle and my good friends are having to keep a good distance from each other – like the other side of Lake WhaddayathinkImean – which really hurts, don'tcha know, but we gab constantly on the phone, Skype and WhatsApp. Yep, we can still SEE each other by doing Face-Time, but if we couldn't, I say thank goodness for the good old fashion telephone.

Twindle Mumbly is still stuck in Florida, and Sybil Beaucannon-Hughes still can't get a flight back from Portugal. But, when they return to Lake W, their refrigerators will greet them with delish homemade soups, stews, and baked goods. Yep. Beanpole Starkman, Vilma Yuccch, Officer Stanley Penelope McBottom and ol' Maybelle are starting to cook and freeze them now. You see, they'll have to self-quarantine for 14 days, and we want them to have the food they need. Afterall, that's what friends are for.

And it does my heart good to see so many acts of kindness, neighbour to neighbour, and stranger to stranger. Folks are leaving food at the doors of those who can't or shouldn't go out. Restaurants that have had to close, are cooking free meals for their employees and people in need. Free online courses are being offered during this time of self-isolation. Why, with all of the cultural venues and museums that have had to close, the Metropolitan Opera in New York is streaming some of its famous operas to online audiences with Nightly Met Opera Streams, recordings of previous performances all pulled from its Live in HD series. Why, Ol' Maybelle was over the moon giddy, watching *Carmen* and *La Traviata* on my ol' laptop last week. And I got to see what the backstage looked like and how all of those amazing sets mechanically moved into place. And all those people. Huge casts. And such beautiful costumes. And, of course, the gobsmacking singing of incredibly talented opera stars. Now that's quite a gift to opera fans who are shut in

during this time. And, by the way, ol' Maybelle wasn't an opera fan, but I sure am now, don'tcha know.

You know, I was about to fly to Mexico last week. Yep. I had been planning that trip for a whole year. Was going to go with Vilma. Just us two girls. Well, she's still a girl, I'm a wizened apple doll with grey Troll doll hair. We were going to thaw out from a long winter... walk barefoot on the sand, eat scrumptious Mexican food, watch all those super talented street performers sing, dance, twirl hoops of fire while we ate guacamole and tortilla chips.

We were ready to fly. We had our N95 surgical masks to wear on the plane, thin rubber surgical gloves, and homemade hand sanitizer (the commercial kind was sold out before the toilet paper flew off the shelves and finding a can of soup was like searching for the Holy Grail). We were ready, and then came the ban on flying for non-essential reasons. And now we're being told that the only way to "flatten the curve" of this nervy virus is to self-isolate.

So, here's what I want to say to you and all my friends. Please, only go out when you absolutely have to. If you're still a working person, work from home. And as much as you would like to see your friends, use the phone. If you know of a neighbour who can't go out or have friends coming back from a trip...leave food at their door. We have all heard this a gazillion times, but here it comes again: Wash your hands for at least 20 seconds after handling money, food shopping, buying gasoline. And wash your fruits and vegetables well. Lysol your counter tops.

And while you're self-isolating...embrace this time to read, write, knit, draw, binge watch, cook, reach out to friends and family by phone and social media. Most of all, be in your loving place. Be in your heart. Even Einstein said: Love is all there is. And it's the best thing to focus on right now, don'tcha know. LOVE.

*Maybelle's Fireside Stories* is written by Jerelyn Craden. Jerelyn's novel, "Vessie Flamingo Outshining the Moon," is available at amazon.com

## Maybelle's



## Fireside stories



# COVID-19

## Coronavirus

# First responders taking precautions for pandemic

from page 1

before, let's say for a structure fire, it was all hands on deck, let's work hard and get in there," said Johnson. "So we're going to treat it a little bit like a hazmat incident, where only one vehicle goes in, makes the assessment, and then determines the best placement for each vehicle and what kind of equipment do they need to make sure that they're safe prior to getting in there. We're basically going to be doing that for all of our calls now."

Johnson said the fire department has the equipment they've always had, including self-contained breathing apparatus, but are coordinating with other fire departments to do a loaner program for items such as the ever-popular N95 mask.

"Whoever's got more can give to the places that are in need of some, and then I know the fire departments, the suppliers and distributors and the Ontario government are all working hard to fix up that shortfall, because it's not just us," said Johnson.

The news is on every day, all day, for Johnson. He gets updates from the province every day at around 10 or 11 a.m., as well as a daily update from the Office of the Fire Marshal, and a regular update from the Ontario Association of Fire Chiefs.

"I'm also in relationships with the surrounding counties, so we have an email going out to each other every day of what we're doing, we ask those questions also – who's doing what, and what helps and what works in your area, and can we use it in ours?" said Johnson. "Someone might be doing something that's a little bit different that might be the right thing for us to do, that will make the operations streamline or safer."

Additionally, he said the fire department also works with other services including ambulance, police, hydro: "they're all part of the community so we have to make sure that we look after them, they look after us."

The biggest concern for Johnson, he said, is if his volunteer staff gets sick.

"Then how do we replace them?" he said. "Although we have mutual aid agreements, but what if those departments get sick and they're counting or relying on us? And so, we have to make sure that we don't overtax or burden our volunteers here."

One of the solutions, said Johnson, is to operate with a tiered-response matrix, having one platoon responding

at a time, so that the full team isn't being exposed to the same hazards, or becoming tired with calls.

"We have a wonderful, great group of volunteers that have stepped up to the plate and dedicated their time to ensure the community is safe here, and that time has come away from their families and their other obligations to the community," he said. "And in this time of emergency, they have shown that they will be there to help whoever needs it. I'm very proud of them."

The Ontario Provincial Police are taking several steps to keep both members of the OPP and the community safe during the pandemic, said Sergeant Jason Folz, community services and media relations coordinator for the OPP central region headquarters.

"The health and well-being of all OPP members and our communities are a top priority," he said.

Members have been trained and are equipped with personal protective equipment, to help in circumstances where OPP must be in contact with people who have been infected.

"It would be up to the individual member to decide when to use their issued PPE," said Folz. "It is pretty safe to assume that anyone could be carrying the virus based on the information from public health officials. Members will be practicing safe distancing as well as other recommendations for safety. There are times our members must get closer than the recommended distances and these are the times PPE and good hygiene will hopefully assist."

The OPP has restricted public access to all OPP detachments and administrative facilities. Regular operating hours with enhanced screening have been put in place at OPP facilities. Additionally, the OPP is limiting the processing of routine criminal record checks/vulnerable sector checks until further notice, and Folz recommended residents contact their local detachment in advance of requiring any detachment-based service.

The OPP encourages the public to report less serious incidents online at [www.opp.ca/reporting](http://www.opp.ca/reporting) to keep 911 lines free.

In preparing for the COVID-19 outbreak, Jo-Ann Hendry, deputy chief, paramedic services for the County of Haliburton, said additional supplies have been ordered, while the county's Emergency Control Group is meeting regularly to monitor the situation.

At this time, she said, the local paramedic team has

“

*Our team of paramedics is here and actively working around the clock. We ask that everyone do their part to keep our community safe.*

— Jo-Ann Hendry  
Haliburton County Paramedic Service

enough equipment to stay safe.

"We have ordered additional equipment and some items are in short supply but suppliers are sending them out as they can get them" she said.

Daily updates from the province are being shared with staff.

"Paramedics are still functioning as usual with crews prepared to handle calls due to COVID-19, but also our regular emergency calls," she said.

Hendry said paramedic services are not getting more calls at this time, but are prepared to handle additional calls if necessary.

"We know that this is a very difficult time for everyone, and we want people to know that the health and safety of our community is our primary concern," she told the *Echo*. "Our team of paramedics is here and actively working around the clock. We ask that everyone do their part to keep our community safe." She noted that the best way residents can keep themselves and their family safe is to practice social distancing and hand hygiene, only go out when necessary, and practice self-isolation if symptoms of COVID-19 are present to slow the spread of the virus.

"We are impressed with how much the community is working together to help one another, and we hope that this will continue as long as necessary," she said. "Stay safe."



## Keeping active

Anna De Maio pushes her four-year-old son Will on the swing, as her older daughter, Sophie, 10, plays at Head Lake Park in Haliburton on March 17. De Maio was at the park with her four children, letting them play and practice social distancing, as no one else was at the park.

Above, Sophie De Maio, 10, seesaws with her brother Oliver.

On Monday, Dysart et al closed its playgrounds along with other facilities as additional precautions in response to the COVID-19 pandemic. /DARREN LUM Staff



If you have a photo you've taken of yourself or family spending time outdoors while practicing physical distancing, send it to [jenn@haliburtonpress.com](mailto:jenn@haliburtonpress.com)



### Haliburton happy place

Long-time Highlands residents Barrie Martin and his wife Pat Martin Nordic ski at Moosewoods on Thursday, March 19 close to Eagle Lake. The couple said they recently went on a snowshoe adventure, ensuring they are staying active and practicing social distancing. /DARREN LUM Staff



## Laurie Scott, MPP

### Haliburton - Kawartha Lakes - Brock



#### Tips for Social Distancing



**At least 2 meters apart**



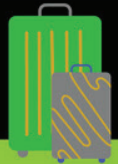
- Stay at home as much as possible
- If you have to go out, stay at least 2 meters away from others
- Order essential products online, if possible
- Avoid crowded places and gatherings
- Call family from home
- Cook at home or order take-out or delivery

**Constituency Office:**

**Tele: 705-324-6654**

**Email: [laurie.scottco@pc.ola.org](mailto:laurie.scottco@pc.ola.org)**

#### Tips for returning from abroad



- Stay home and self-isolate for 14 days, even if you have no symptoms
- Monitor for symptoms like fever, coughing and shortness of breath
- Wash your hands with soap and water thoroughly and often
- Try and stay at least 2 meters away from others
- Keep surfaces clean and disinfected
- Take the self assessment at [Ontario.ca/coronavirus](https://ontario.ca/coronavirus) to learn if you need to seek care

**DO YOUR PART TO KEEP YOUR COMMUNITY AND LOVED ONES SAFE.**



# COVID-19

## Coronavirus

# Connecting with community during a time of social distancing

JENN WATT

Editor

Kim McBrien Evans, owner of West Guilford-based yarn studio Indigodragonfly, said her company was gearing up for its busiest show season ever when the coronavirus hit Canada and all of her plans were upended.

"We are in an unprecedented situation and have to adapt quickly to a changing world," McBrien Evans told the *Echo* last week. Indigodragonfly was to attend six shows from March to July and the cancellations "have been catastrophic." She said sales are down from what they should be at this time of year, and although there is more traffic online, that doesn't mean more people buying product.

Her company is putting more energy into its online operations, offering discounts to shoppers and enhancing their social media presence, last week hosting a live yarn dyeing demonstration on Instagram.

"Our friend, designer Anne Blayney, offered one of her patterns for free as a comfort to people hit hard by COVID-19. Since the pattern was designed in our yarn, we decided to dye kits for it and I thought it could be fun to do a live dyeing demo, answer questions and generally just have a fun time showing what we do," McBrien Evans said.

The result was an hour-long video with Ron Evans dyeing, McBrien Evans answering questions and Victoria Bingham recording and moderating the chat.

Other area businesses and organizations are also finding ways to use the internet to connect to their community while people are practicing social distancing and self-isolation to limit the spread of COVID-19.

At the Haliburton Highlands Museum, director Kate Butler is planning virtual tours and video content for those looking for a fix of history while the physical space is closed.

Staff had been preparing programming for March Break when the Municipality of Dysart et al's emergency control group made the decision to close the museum along with the arena and West Guilford and Harcourt community centres.

Typically, an outdoor maple syrup demonstration is included in the museum's programming and "wouldn't you know it, we've had the best run of sap this year that we've had in years," Butler said.

Aside from the syrup, the museum also offers family activities and Butler has been putting instructions up on social media for those who still want to make crafts at home.

"We're sharing both photos and artifacts from the collection daily to help people enjoy the museum from home," she said. "We're also sharing activities online for families at home looking for things to do. The goal is for them to require only things you're already likely to have around the house."

From a historical perspective, Butler said the global COVID-19 pandemic "is different than anything we've seen before in history, because the spread of information around the globe is faster than it's ever been before. Connectivity makes a huge difference because it means that we can practice physical distancing while still staying in touch in a way that would astonish previous generations."

She said she thinks this time will be remembered as one "when people used innovative and creative ways to work together and look after each other, even when apart."

Organizers of the U-Links Celebration of Research, which was to take place at the end of the month, decided they would highlight at least one student project a week on social media, since the event has been cancelled.

The Celebration of Research is a chance for students from Fleming College and Trent University to present the work they did in the community. "There are usually over 20 student poster presentations, as well as verbal presentations by students from a couple of select projects," Amanda Duncombe-Lee, program coordinator with U-Links said.

Students network at the event with host organizations and potential employers. "For example, we had several projects that focused on waste diversion and reduction

and several projects focused on biodiversity; it would have been great to get people from all of these host organizations in the room together," she said.

This was to have been the 30th anniversary of the event and the plan was to recognize the Ontario Trillium Foundation Seed grant awarded to the Trent Centre for Community-Based Education in collaboration with U-Links for the benthic biomonitoring project.

Currently, the presentation QEII Moose Species Summary by Jazlyn Burrell and Sarah Wray is available to view on U-Links' Instagram account.

"I think that one of the benefits of having project highlights online is that anyone can see them, the summaries are written using accessible language and anyone who is interested in more information can contact us or read the entire report in our database," Duncombe-Lee said.

To connect the public to its latest exhibition, the Rails End Gallery and Arts Centre is posting images from *Water* to its Facebook page. The Haliburton gallery closed on March 16 following Prime Minister Justin Trudeau's address to the country, said Laurie Jones, curator. A notice was sent out via email within a day of the closure.

"Prior to March 16 we had already cancelled our in-person gathering ie. drum circles and I had started learning about virtual options for small meetings ie. board of directors," she said.

*Water*, which is the theme of the annual members' show, features 107 pieces, which will be posted over time on Facebook.

Jones said she thinks the online audience will appreciate the talent of area artists and their interpretation of the theme of water.

The experience may offer a chance to learn more about how to present art in the virtual realm.

"I have done a lot of learning the past few days about ways to create small virtual exhibitions affordably," Jones said. "The 'Water' [Facebook] album is just the start of something we may well be able to do more professionally in the future. That would take time, dedication and creativity, all of which we have!"

Kim McBrien Evans said her advice to businesses or institutions looking to embrace the online world more enthusiastically during the pandemic is to tune in to

what customers need and respond to that. "For us, we recognize that at times like these, people turn to activities that bring them comfort. Crafts like knitting and crochet do that," she said.

For example, after a show in Seattle was cancelled, a marketplace with online classes was set up called the Virtual Knitting Extravaganza. "This meant that anyone who lost work and income because of the cancellation had an opportunity to make up some of that income," McBrien Evans said. She is part of an organizing committee putting together something similar for the Knit City Montréal event, which has been postponed.

A series of livestream sessions is also in the works for Indigodragonfly including more demonstrations, "knit and chat" and classes. Their next livestream is Tuesday at 6 p.m. @indigodragonfly on Instagram.

## Where to find them

### Haliburton Highlands Museum

On Facebook: facebook.com/HaliburtonMuseum

On Twitter: @HH\_Museum

### U-Links Centre for Community Based Research

On Facebook: facebook.com/ulinkschr

On Twitter: @ulinkscentre

On Instagram: @ulinkscentre4cbr

### Indigodragonfly

On Facebook: facebook.com/indigodragonflyde signs

On Instagram: @indigodragonfly and @indigodragonflystudio

On Ravelry: join the Indigodragonfly group

On Twitter: @indigodragonfly

### Rails End Gallery and Art Centre

On Facebook: facebook.com/railsend

On Instagram: @Rails\_End\_Gallery

On Twitter: @RailsEnd



## Delivering the news

A binder with coronavirus updates sits in the foreground as Canoe FM volunteer Doug Rupay broadcasts the station's Drive Show on March 19 in Haliburton. The community radio station continues to broadcast, providing entertainment and delivering regular updates and news like other media outlets. /DARREN LUM Staff





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Jennifer Bacon\*  
Dean Michel\*\*  
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**SOLD**

**Eagle Lake \$668,900**

- 4 season, open concept, walkout to large deck
- Panoramic views, waterfront deck & dock
- 3-bedroom cottage, bunkie with sperate 3 pc bath



Drew Bishop\*\*  
Kristin Bishop\*\*  
457-2128 x23



**SOLD**

**Gooderham Lake**

- Prestigious 3,880 sqft post & beam lakefront home
- Custom built in 2018. Rental income potential
- 4 beds, 5 bathrooms, walkout basement
- 104' waterfront on Gooderham Lk



Dagmar Boettcher\*\*  
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**Bobcaygeon Rd \$129,000**

- Well established and profitable business
- Top regional lottery commissions
- Create your own job



Andy Campbell  
854-0292



**West Guilford Lot \$134,900**

- On Busy Kennisis Lk Rd, Commercial
- Well and Hydro, Level Easy Access
- 244 ft Frontage, 1.8 Acres per MPAC



Gloria Carnochan\*\*  
754-1932



**SOLD**

**Hwy Commercial Opportunity \$299,900**

- Apprx 666 Ft Rd Frtg, 3.4 Acr
- Apprx 868 Sq Ft Bldg, High traffic location
- Between Haliburton & Carnarvon on Hwy 118



Mark Dennys\*\*  
457-0473



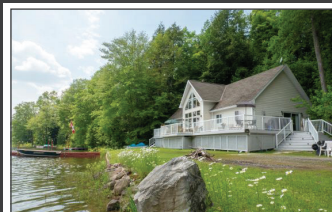
**NEW LISTING**

**Country Home on the Gull \$579,000**

- Immaculate Riverfront Property
- 3 bedrooms, 3 baths, high and dry
- So many features, minutes to town
- Call Tom for more information



Tom Ecclestone\*  
286-2138 x 26



**Redstone Lake \$675,000**

- Beautiful 3-bedroom, 2 bath home or cottage
- Large windows & deck overlooking the lake
- Southern Exposure, sand beach on Redstone Lake



Lindsay Elder\*\*  
457-5878



**Carnarvon Church \$249,000**

- Historic property in a prime location bordering on Hwy 35
- Located in between Minden & Haliburton Village
- Shopping & restaurants are nearby



Lee Gauthier\*\*  
489-9968



**SOLD IN 4 DAYS**

**Twelve Mile Lake \$749,000**

- 4 bedroom, 2 bath year round cottage/home
- Dbl garage, loft, deep off the dock, 3 lake system
- Many recent upgrades, lots of inclusions



Andrew Hodgson\*\*  
286-2138 x 29

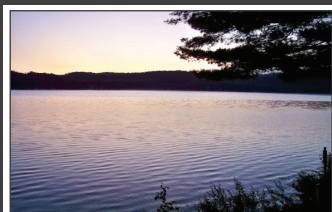


**Long Lake \$399,900**

- 3BR Viceroy-style cottage, Newer septic & winter water system
- 2-lake chain with Miskwabi Lake for miles of boating
- Adjacent vacant lot also available



Susanne James\*  
& Andy Mosher\*\*  
457-2128 x 33



**Hot Spring Market**

- Listing needed for the Hot spring market!
- Call me today if your are considering selling!



David Lee\*  
286-2138 x 27



**Highway 35 \$185,000**

- 84 acres with large frontage on Hwy 35
- In a is designated Service and Business Area!



Brandon Nimigon\*\*  
457-2128 x 27



**NEW LISTING**

**Ross Lake \$600,000**

- Private 1.25-acre lot w/ 200+ ft water fr
- Custom designed 4 season cottage or home
- Pine Cathedral ceilings, wood frs. & more
- Outstanding chattel list, many upgrades!



Karen Nimigon\*\*  
457-6505



**NEW LISTING**

**Industrial Park Rd \$1,350,000**

- 12,000 sq ft of mixed use industrial and commercial space
- Sitting on a private 6.75 acre lot in Haliburton
- Unlimited possibilities with this building!



Kirsten Rae\*  
286-2138 x 30



**Loop Road \$220,000**

- Food Truck and 1100+ sq.ft building with multiple uses.
- Good location.



Darlene Reil\*  
447-2055



**NEW LISTING**

**Soyers Lake \$474,900**

- Quiet bay, 344' waterfront
- 4 season home
- 2 acres



Christine Sharp\*  
286-2138 x59



**West Lake \$265,300**

- 356' of frontage with on West Lake & with gentle path to the waterfront
- Utilities at the lot line, driveway installed on a year round municipally maintained road



Greg Stamp\*  
457-2128 x 28



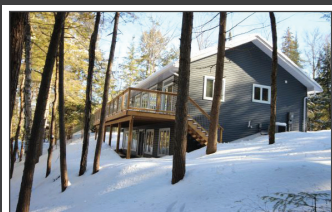
**NEW LISTING**

**Minden Executive Home \$549,000**

- Bungalow w/finished walk-out lower level
- 4 Bdrms, 2.5 baths, Cathedral Ceilings
- On Beaver Creek, 2 acres,
- Det'd Dbl Garage & Det'd Insulated, Heated Shop



Melanie Vigrass\*  
286-2138 x 32



**Cameron Lake \$750,000**

- 1-year old construction, shows like a model
- 3 bedroom, 2 baths, plus room to grow
- relax at this quiet motor restricted lake



Tom Wilkinson\*\*  
286-2138 x 25

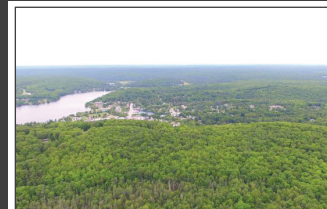


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# COVID-19

## Coronavirus

# We all have a choice: choose love

NANCY BROWNSBERGER

*Special to the Echo*

WE ARE IN unprecedented times, with no frame of reference, and as we step into the second week of recommended social isolation because of the COVID-19 virus, we are all reeling from this experience. I don't know about you, but it feels like we are sharing this collective low grade anxiety and fear that comes and goes throughout any given day, yet doesn't quite settle down to utter calmness. I feel like it's akin to post trauma effects, in that we might fall asleep and awaken with that one or two moments of clarity, and then *boom* – the reality hits us again and our nervous systems kick into response mode. This is uncharted territory, and we are all just doing our very best to do our very best.

As we fell to our knees last week, and what appears to be almost hourly, as the changes and shifts come across our news feeds, there is also this incredibly beautiful connectedness that is happening. Have you felt it or seen it yet? It's the neighbours in Italy who are found singing to each other from their balconies, the communities in Canada who sing our national anthem, while practicing social distancing. It can also be seen, heard and felt at our community level, where our friends and neighbours, businesses and organizations are reaching out and helping ensure folks are getting what they need. Ultimately, we are in this together, aren't we? And we do have an opportunity to learn from each other culturally, societally, generationally and globally. We also have been given this time to get to know ourselves a little better too.

Technology is connecting us globally and locally as well. It's almost as if we have this looking glass that is allowing us to see into the lives of others on such an intimate and fragile level as we bear witness to the shared humanity and true vulnerability of each other. What once felt like "other" now feels like "us." And this is where the connections can make a difference in our own experiences and help us to feel just a little less alone.

I have had many discussions over the past week about the true value of technology right now. Because it breaks down barriers, and truly can bring us together in the same moment, across the globe. While working the other night, I and 5,000 other people watched Melissa Etheridge (a rock musician) do her daily 15-minute concert from her own living room. And in those 15 minutes there were 5,000 of us singing (maybe that was just me, but I doubt it) and breathing and listening and being present...together. And this is where the love lives. This is where we can find each other and escape from our fear for maybe a moment or two.

At times like this I like to defer to my own personal inspirations, writers and researchers. Elizabeth Kubler-Ross (a Swiss-American psychiatrist who lived from July 8, 1926 to Aug. 24, 2004) talked about her research on fear. "If we're in fear, we are not in a place of love. We have to make a decision to be in one place or the other. There is no neutrality in this. If you don't actively choose love, you will find yourself in a place of either fear or one of its component feelings."

I believe that we have this opportunity, both today and in the days ahead to choose love. In whatever micro or macro way you are able to do it. And as discussed above, we are seeing that happen time and time again.

But when we are in the midst of struggle, it is extremely difficult to do that. We might not have the resources, experience or support that allows us to easily get there. So, here are 10 things that I, and my family, are finding helpful as we navigate each day.

- **Breathe:** at the beginning of each day and throughout your day, remember to take a minute or 10, to breathe. Deeply, from the belly. Plant your feet on the floor, rest your mind and simply breathe. And when things feel too much, try to practice stopping in that moment and doing this. It settles the nervous system and boosts your immunity.

- **Get outside:** we live in one of the most beautiful

places in the world, it is spring and the robins have returned. Go for a walk, play basketball with your kids or your spouse, sit in the sun every chance you get and fill your lungs with fresh air. Read a book, paint a picture, play a board game outside. Listen to the birds, witness nature at its finest. We are truly blessed to have the Haliburton Highlands as our backyard. Use every bit of it that you can while practicing safe social distancing.

- **Connect inwards:** If you can and it fits for you, think about how it is that you want to look back on this experience and learn from it, what choices can you make today and every day moving forward to support your values as a global citizen, a parent, a child, a sibling, a professional. How are you showing up to this? Would you like to show up differently or do things differently? Do you need help to talk this through? There are a number of professionals that are offering virtual counselling and therapy sessions in Haliburton and you can find them by connecting with your local mental health agencies, Health Services, or private clinicians.

- **Connect outwards:** Reach out to your loved ones, your friends and family through the telephone, Skype, FaceTime etc. and schedule daily or weekly chat times. Text messages are invaluable at this time, so check in. Encourage. Ask for help and open the conversation. We are *all* scared. You are not alone. It's deeply important for us to talk through how we're feeling and remain connected to each other, our health relies on it. If you don't have anyone that you can chat with, there are local resources that can assist you with connecting to others, please read your local newspapers, go online if you can and find out who and where you can chat with someone or set up a virtual phone friend for the time being.

- **Unplug:** Set up a regular daily schedule of unplugging your computer, television and phone every day. Several times a day. Especially before bed. At least one hour, ultimately two, before bed, practice some quiet by reading a book, reading to your kids, slowing yourself down through light household tasks and unplugging from the newsfeeds.

- **Filter your newsfeeds, television feeds, conversation feeds:** Information is rampant and 24/7 and it can lead us down a very dark rabbit hole in terms of value. Follow one or two trusted Canadian newsfeeds like Health Canada or the Provincial Health Unit. There is an awful lot of sensationalistic and false information floating around and what it does is feed our fear. We want to feed our shared compassion and love, so follow and watch things that are encouraging and inspiring. And for goodness sake, don't get into online arguments. This is fear in action. This is a time of coming together, not dividing.

- **Get back to basics:** Set up a daily routine, from

wake up to going to bed at night, that fits for your family. Schedule meals, physical activities, getting outside, alone time, shared activities. Psychologically, developing routines can help create a sense of calm and reassurance both for ourselves and for our families. It helps us to make sense of our lives and create consistency. Perhaps pull out the board games, deck of cards and puzzles and get back to (if you haven't been doing so) just hanging out and spending time with those who are in our homes.

- **Use online resources:** If you have access to the internet and a screen you can watch your favourite musicians perform live, go to Canada's Wonderland and ride their rides virtually, listen to podcasts and TED Talks, find inspiration from your favourite writers, actors, and other individuals. Ellen DeGeneres has a hilarious daily check in on Instagram. You can tour museums virtually, take free online classes. The world is literally at our fingertips and we might have some time to do a deep dive to find more ways of connecting and experiencing it. Watch Netflix with your friends and write comments to each other – how fun is that?

- **Be present:** If it fits for you, journal, paint, sketch, sing, dance, write lyrics, write poetry, colour, build a garden, build an inukshuk. And if that feels like too much, go back to number one and two. Just simply breathe and get outside.

- **Learn something new:** If you have the chance to read something new, study online, practice a new skill, take a tutorial on YouTube and learn how to play the banjo for example, now might be the time. Our brains require continued stimulation and the firing up of our neural pathways to stay healthy, so maybe that puzzle in the back of your cupboard is calling your name. It doesn't matter what, it's simply important to keep our minds engaged and active.

This experience is a massive social experiment on a global level. All humans on our beautiful blue planet are deeply rooted to each other right now. And this connection trickles down to our neighbours and those we social distance from as we live our daily lives. We have all been taken to our knees and become aware of our own fragility. And with that, we can show up as our worst selves or our best selves. The good news is that we have a choice. Even in the tiniest of ways, we can simply smile at our neighbour and take a moment before reacting from fear, if we take a bit better care of ourselves, we can maybe choose love first.

And it's OK. All of it. How we show up right now is messy and sloppy and jumbled. There's no prototype. So please, be gentle with yourself. With each other. And I hope that you reach out where you need to. Because you're not alone.

Nancy Brownsberger B.A., R.S.S.W.,  
C.L.C. Counsellor with Grow Optimism



## Season ends early

Lessons at Sir Sam's Ski and Ride ended earlier this month as the Eagle Lake facility ended its season ahead of schedule due to concerns regarding COVID-19. Premier Doug Ford declared a state of emergency on March 17, which required many facilities to close including indoor recreational programs, public libraries, private schools, child care centres and restaurants. /DARREN LUM Staff



# TRUCK MONTH

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4G LTE WITH BUILT-IN WI-FI HOTSPOT, INCLUDES  
1 MONTH OR 3 GB OF DATA (WHICHEVER COMES  
FIRST) FROM VEHICLE DELIVERY DATE.<sup>Δ</sup>

Chargeable paint costs may vary depending on the vehicle/colour. See dealer for full program details. Credits vary by model. Dealer may sell for less. Factory order may be required. Limited time offer which may not be combined with certain other offers. General Motors of Canada Company may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. Offers may not be redeemed for Cash and may not be combined with certain other consumer incentives. <sup>†</sup> Offer available to qualified retail customers in Canada for vehicles purchased and delivered between March 3, 2020 to March 31, 2020. Lease based on suggested retail price of \$49,288, towards the lease of an eligible 2020 Silverado Crew Cab Custom Edition. Bi-weekly payment is \$148 for 24 months at 1.9% lease rate (1.9% APR) on approved credit to qualified retail customers by GM Financial. The \$79 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000 km, \$0.16 per excess kilometer. \$3,200 down payment required. Payment may vary depending on down payment trade. Total obligation is \$10,887. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$37,727. <sup>‡</sup> Offer available to qualified retail customers in Canada for vehicles purchased and delivered between March 3, 2020 to March 31, 2020. Total value includes \$10,000 Non-Stackable Credits (tax exclusive); applies to cash purchases of new 2020 Silverado Crew Cab RST models at participating dealers in Canada. \$10,000 total value; (tax exclusive; includes \$2,000 cash delivery allowance, \$6,500 non-stackable cash credits, \$500 option package discount and \$1,000 RST bonus). By selecting lease or finance offers, consumers are foregoing this \$10,000 credit which will result in higher effective interest rates. <sup>§</sup> Offer available to qualified retail customers in Canada for vehicles purchased and delivered between March 3, 2020 to March 31, 2020. Lease based on suggested retail price of \$32,628, towards the lease of an eligible 2020 Equinox LT FWD Blackout Edition. Bi-weekly payment is \$158 for 48 months at 1% lease rate (1% APR) on approved credit to qualified retail customers by GM Financial. The \$79 weekly payment is calculated by dividing the bi-weekly payments. Payments cannot be made on a weekly basis. Equivalent weekly payments are for informational purposes only. Annual kilometer limit of 20,000 km, \$0.16 per excess kilometer. \$2,800 down payment required. Payment may vary depending on down payment trade. Total obligation is \$18,486. Taxes, license, insurance, registration and applicable fees, levies, duties and, except in Quebec, dealer fees (all of which may vary by dealer and region) are extra. Option to purchase at lease end is \$14,356. <sup>Δ</sup> To qualify for the Costco Member Pricing, you must be a Canadian resident holding a valid driver's license, have been a Costco member since January 2, 2020, or earlier and must: (1) Register with Costco to receive your non-transferable Authorization Number; (2) Present the Authorization Number to a participating dealer; (3) Retail purchase, finance or lease an eligible new or demonstrator in-stock 2020 Chevrolet: Equinox (excl. LS), Traverse, Blazer (excl. 2.5L); delivered from January 3, 2020, to March 31, 2020. In addition, to receive a \$500 Costco Shop Card by email, submit a redemption form to Costco within thirty (30) days of vehicle delivery and complete a Costco member satisfaction survey. Please allow three weeks for Costco Shop Card delivery, pending completion of all eligibility requirements; including redemption form submission, purchase verification and survey completion. Costco Shop Cards will be emailed to the email address provided to Costco at the time of registration. The purchase or lease of a vehicle does not qualify for the calculation of the Costco Executive Membership 2% Reward. Offer may not be redeemed for cash. Conditions and limitations apply to this limited time offer. For full program details and for any applicable exclusions see a participating dealer or costcoauto.ca/GM. For Costco Shop Card terms and conditions, visit Costco.ca and search "Shop Card". Tax, title, registration and license fees, personal property registration fees, and additional products and services are not included in the Costco Member Pricing. Offer is valid at participating authorized GM Canada dealers. Offer not available in the U.S. or Mexico. 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Data plans provided by AT&T or its local service provider. Credit card is required for purchase.



# Birding: connecting to the natural world in a time of isolaton

STEVE GALEA

Special to the Echo

WITH ALL THAT’S going on in the world right now, I think it’d be best if we could all take a step back and lose ourselves in a healthy, stress-free activity. And, since spring has officially arrived, birding immediately comes to mind. It’s an ideal activity for people of all ages. Wouldn’t know where to begin, you say? Fear not. Four of this county’s best-known and most avid birders are only too happy to help.

### Meet the fabulous four

Belinda Gallagher of Tory Hill, is an expert horticultur-  
alist and *County Life* columnist, who lives on a property  
that overlooks an oasis for waterfowl and wetland birds.  
While she does not consider herself an expert, her won-  
derful photos and years of close and continuous daily  
observations tell a different story.  
Ed Poropat is a teacher and one of Haliburton’s best  
known birders. He’s written articles, made presentations,  
led walks and generally lives the naturalist life. Looked  
up to by local birders, he is often the one newspapers  
quote on the subject.  
Thom Lambert, is a potter, avid naturalist and proud  
resident of the GDA (Greater Donald Area). He grew up  
in a birding family and enjoys the habitat and the hab-  
its associated with birding as well as the opportunity it  
provides to give something back to nature. He’s also led  
walks and shared presentations on a range of outdoor  
subjects.  
Then there is Dennis Barry. If Poropat is the teacher,  
Barry is the dean of Haliburton’s birding community,  
having compiled the Minden Christmas Bird Count for  
50 years. He now lives on Lake Ontario in Thicksen’s  
Woods near Whitby, a place he describes as “one of the  
finest birding spots in the province.”  
Birding is in his DNA.

### Some birding tips

In late spring, find a breezy spot, or get out at dawn  
on a cool morning before the biting insects are most  
active. That’s the best time to hear birds anyway. –  
Barry  
Mid-May is amazing. Don’t miss it. – Poropat.  
During the thaw, daytime is the best time to check  
out open water. – Lambert  
Prime time for me is early morning and just before  
sunset. – Gallagher  
Once the big migration starts, it’s best to be out  
within an hour or two of dusk and dawn.– Lambert  
If you are familiar with your local birds, during dif-  
ferent seasons, you are much more likely to recognize  
something different when it shows up. – Poropat and  
Lambert  
Watching local, common birds is also a great way  
to increase your environmental literacy, your knowl-  
edge of the natural world and what it should look like.  
– Lambert  
Watching local birds is a great way to get good with  
your binoculars. Read birding books and visit birding  
websites. These things will help you become a better  
birder more quickly. Join local birding groups such as  
The Land Trust or Haliburton Highland Field Natural-  
ists (when it’s prudent to meet again) or take in their  
walks. The Land Trust does a good job of organizing  
walks in the spring in very interesting habitat. – Lam-  
bert  
Consider joining the Ontario Field Ornithologists.  
They are a very active group that runs frequent field  
trips all over the province. – Poropat  
Familiarize yourself with your field guides or apps  
before going afield. To really enjoy birding to its full-  
est, get to know bird songs. – Barry  
A host of phone apps and websites have made bird  
and bird song identification much easier for the new  
birder. – Poropat  
You can learn to recognize woodpeckers by the  
cadence of their drumming. – Lambert



Now is the perfect time to get outside and learn more about birds. “It starts with being outside and just being curious,” said Ed Poropat. This photo is of a red-headed woodpecker. Courtesy Belinda Gallagher

### Getting started

Gallagher says starting out is exceedingly simple.  
“Go outside and find a bird. Look online to identify  
the bird (or use a book like Sibley’s or Peterson’s guide,  
or ask a birder). Next week find a different bird. Do that  
every week for the spring and you will be hooked,” she  
said.  
Lambert agrees, “Just start watching in whatever way  
you can. Feeding birds, either in your yard or along an  
interesting edge, is a great way to start. Other than that,  
just start noticing what is going on around you. The  
chickadees started singing their breeding song – chicka-  
deedeedee – a few weeks ago. The robins are back, as are  
the redwings and crows. If you can go out with someone  
more knowledgeable than you, it will open up a whole  
new world of what is happening around you.”  
Poropat suggests the only things a birder really needs  
are enthusiasm and curiosity.  
“It starts with being outside and just being curious,”  
he says. “Enjoy observing, even if you don’t immediately  
know what you’re trying to identify. Start in your yard  
and familiarize yourself with what lives there. Once you  
know them, work outwards. You’ll then be able to pick  
out something different. Join a guided walk in your area,  
if you can. There are some being planned for the coming  
spring.”

### Places to look

The Rail Trail between Haliburton and Donald. It  
traverses a wide variety of habitats and thus allows  
you to observe a variety of birds. You’ll see species  
that utilize bogs, mixed forests, wetlands, grass-  
lands, forest edges. – Poropat  
Snowdon Park can also be productive, but is not  
as diverse. – Poropat  
Any place there is early open water is good dur-  
ing the thaw. Deep Bay Road often has trumpeter  
swans and a variety of other waterfowl. Any open  
water – usually where a stream or river enters a lake  
– will have a concentration of waterfowl. – Lambert  
It’s always best to look for edges, where one habi-  
tat joins another: swamps, waterbodies, fields. The  
rail trail provides access to lots of these edges. –  
Lambert  
Check out the Haliburton Highlands Land Trust  
website for some of their reserves such as the Dahl  
Forest with walking trails. And most any less-trav-  
elled dirt road in the country wouldn’t be a bad  
place to go for a walk. – Barry  
The edges of any wetland. – Barry

### Gear

Birding requires nothing more than a keen set of eyes  
and ears.  
But, eventually, you’ll want binoculars.  
“Binoculars are the most important item. Anything  
will suffice, but the better your optics are, the more  
enjoyable your experience will be,” says Poropat. He re-  
commends 7X or 8X power binoculars to start (7 x 35, or 8  
x 40 are typical). Higher power (10X), he says, are more  
difficult to hold still but offer greater magnification.  
“They’ll change your perspective. You’ll be able to see  
birds up close and appreciate them more...” said Porop-  
at.  
Next you need a field guide and notebook or cellphone  
to record your sightings, he says.  
“There are some excellent guides out there these days  
... Sibley, National Geographic, Peterson, Merlin are the  
best in my opinion. You can find these as apps and load  
them on to your phone so they’re always with you. Most  
also include audio of songs and calls, which can be very  
helpful. Finally, a field notebook or phone will provide  
you with a spot to record your observations.”  
“Online checklists are available to help record sight-  
ings too. The eBird app, for example, allows you to  
record your birds on a checklist and the info can be used  
by researchers studying bird populations and move-  
ments. You can also see what others are finding in your

see page 15

### CROSSWORD ANSWERS

A	S	A	P					B	A	B				A	M	A	
R	U	B	I	A				A	C	E				A	B	A	S
C	L	I	M	B				N	O	R				B	E	N	I
	A	B	A	C	A			A	N	A				E	T	O	N
						G	E	N	I	T	A	L	S				
C	A	P	I	T	U	L	A	T	E	S							
S	P	A	N	I	E	L			E	D	T						
T	E	R	N	E								H	O	S	T	A	
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			C	A	E	S	U	R	A	E							
B	L	A	H			I	V	A		S	A	B	E	R			
A	U	B	E			G	I	S			A	I	L	E	D		
S	C	A	M			N	A	E			R	A	B	B	I		
E	E	L				S	L	R				S	A	S	S		



# April a welcome time of year for birders

from page 14

area," said Poropat.

Gallagher also spends a lot of time viewing birds from behind her camera's viewfinder or from long distances with the help of her spotting scope, which, though non-essential, add to her enjoyment of the pastime.

The only other thing required is what you'd normally take on a leisurely walk afield. Birding, after all, should be comfortable and done at a leisurely pace.

## Opportunities abound

You've got the enthusiasm and gear. Now what's out there?

Right now, a steady procession of returning birds and behaviours that serve as a phenological clock. Here's how it typically unfolds in our area.

## Late winter, early spring

"With the first mild spells in late February, American crows return and herring gulls show up at the landfills," Poropat says.

These, he notes, are quickly followed by the red-winged blackbirds, grackles, and robins, each eager to stake out the best territories. Lambert calls the arrival of the red-winged blackbirds a sure sign of spring, so next time you see one clinging to a cat tail, take heart.

"You'll notice the song level [begin] to increase by mid-March," Poropat says.

## Neat behaviours to look for :

As early as late February: Ravens carry sticks, play with each other in the air and become more vocal.

As the ground shows through the snow in April, woodcock begin sky dances.

April, when the frogs begin to sing, is also the time to enjoy the flight display of Wilson's snipe. Unlike woodcock, where your window to watch and listen is the few minutes between dusk and dark, snipe may perform all day if it's cloudy, or even all night during foggy and misty conditions.

The winter wren singing their beautiful seven second long songs in April.

Grouse on drumming logs.

Wild turkeys strutting.

Waterfowl displaying as soon as open water allows.

"Brown creepers, chickadees, nuthatches, and purple finches have been singing their spring songs recently. Woodpeckers are drumming everywhere on warm sunny days."

"Before the snow is entirely melted, winter wrens will return," adds Barry. "Listen for their enthusiastic, seemingly-endless, bubbly songs near small streams or along the edge of wet woods. When you catch a glimpse of this diminutive songster, you'll be shocked that such a loud sound could emerge from such a tiny creature."

## April and May

For the birder this is perhaps the most welcome time of year.

April, Poropat says, brings the first large wave of migrants.

"Juncos come through in huge numbers as well as other sparrows mixed in. As ice melts, waterfowl begin their journey north, stopping here to either refuel or breed. Kinglets return," he says.

At that time, Barry says you might be able to view one of our most beautiful ducks in the hardwoods.

"In a sugarbush with large mature trees, watch for a female wood duck flying from tree to tree searching for a suitable nest cavity to lay this year's clutch of eggs, with her colourful mate following close behind."

Lambert says, "The big explosion (of birds) happens as soon as insects start to come out, providing food for the arrival of all the neotropical migrants – the flycatchers, warblers, vireos – to follow."

Barry notes, "Yellow-rumped and pine warblers are the earliest wood warblers to return to Haliburton County."

"Things really ramp up in May, as the first warblers begin to appear, along with countless other passerines (perching birds)," says Poropat. "The peak of migration is usually around the second to third weeks of May. At this point, if conditions are right, birds will appear to be dripping from the trees. A morning walk can produce near 100 species. Some are already on territory singing feverishly, while others are busily eating to replenish stores for the continued flight north. By the end of May, (northward) migration is waning."

## June: the breeding season

Some "late" warblers and other songbirds continue to trickle through into early June but most are now on territory, Poropat says. Males are busy singing to

advertise their territories while females are incubating eggs or feeding young (males also help, usually). Song levels drop through June as adults are busy feeding young and do not want to advertise their nesting locations to predators.

## Summer and beyond

In July there is often a surge in song levels, as some birds re-establish new territories and attempt a second brood. Green up, heat and bugs also make summer birding more challenging. By August, the tides turn and fall migration begins.

But that's a story for another time.

Crossword brought to you by

**Ken Barry**

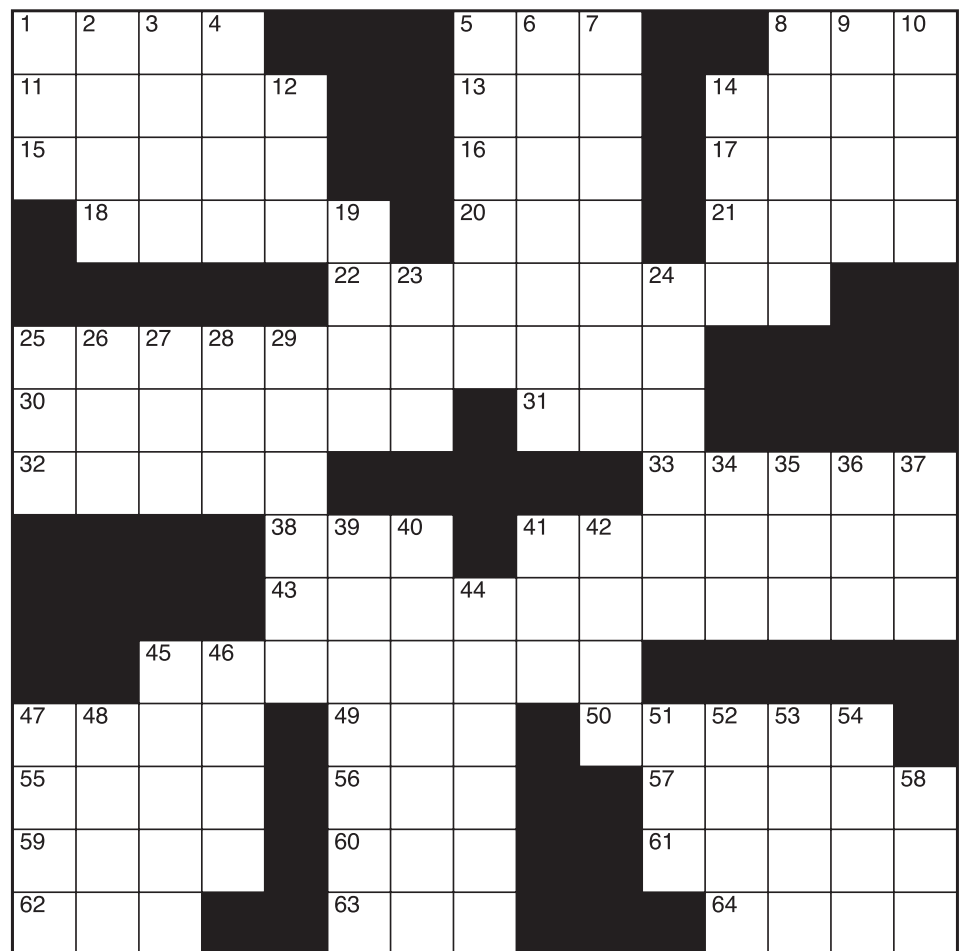
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### CLUES ACROSS

1. As soon as possible
5. Gateway (Arabic)
8. Doctors' group
11. Maddier genus of plants
13. A team's best pitcher
14. Ancient Greek sophist
15. Go up
16. Neither
17. Bolivian river
18. Manila hemp
20. Comedienne Gasteyer
21. British School
22. Human reproductive organs
25. Surrenders
30. Dog with long, silky coat and drooping ears
31. Sun up in New York
32. Lead alloy
33. Eastern Asian plant
38. Rapid deployment force (abbr.)
41. Japanese warrior
43. Festivity
45. Interruptions
47. Nonsense (slang)
49. Data mining methodology (abbr.)
50. Calvary sword
55. French river

56. Global business conference (abbr.)
57. Afflicted
59. Con man's game
60. No (Scottish)
61. Jewish spiritual leader
62. Fish
63. Camera term (abbr.)
64. Impudence

26. Imitate
27. Golf score
28. A place to lay your head
29. Three cards of the same suit
34. Not in
35. Human gene
36. Ancient Chinese philosophic concept
37. French river
39. Thinks up
40. Type of geological deposit
41. Helps little firms
42. Area units
44. A device to remove
45. Secret political clique
46. Polite interruption sound
47. Foundation
48. Clare Boothe \_\_\_, American writer
51. Swiss river
52. Prejudice
53. Actor Idris
54. Resistance fighters
58. Speak disrespectfully of

### CLUES DOWN

1. A continuous portion of a circle
2. Genus of seabirds
3. Infant's dining accessory
4. Native Americans from Arizona
5. Popular fruit
6. Poisonous plant
7. Scolded
8. Assists
9. Hand (Spanish)
10. Amazon product identifying system (abbr.)
12. Basics
14. Cain and \_\_
19. Malaria
23. Indicates particular shape
24. Respiratory disease
25. Central Standard Time

Answers on page 14

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Syrup for soldiers

Wayne Krangle is barely visible, lost among the equipment and firewood necessary to boil down sap to make maple syrup at his Krangle Sugar Shack near Haliburton on Friday, March 13. Krangle said he has 260 maple trees tapped, from which he and volunteers produce on average 40 gallons of syrup each year since he started 10 years ago. All of the proceeds from the sales (minus the costs of production) go to the Wounded Warriors fund, which supports Canadian soldiers and their families, and emergency personnel who are dealing with mental health issues such as PTSD. Krangle said he was inspired by his son Corporal Chuck Krangle, who served for the Canadian Armed Forces in Afghanistan in 2007. For more information see [www.syrupforsoldiers.ca](http://www.syrupforsoldiers.ca) or to order call 416-402-6335./DARREN LUM Staff

With steam rising from the sap boiling, Krangle explains the process of taking 40 litres sap to make one litre of syrup and how he has learned by trial and a lot of error.



Wayne Krangle stokes the fire, keeping his sap boiling.



Krangle shows the lid to a container of burnt sap, which is a reminder of why he always has sap on the ready for his boiling pan.



Left, Krangle touches the lid to a sap collecting bucket, specially placed low for his granddaughter. Above, Krangle holds up the lid to the milk tank he uses to store sap (sometimes frozen to prolong its hold time).



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# Social distancing will be good for my garden

WE ARE ALL living through a particularly worrying time with the arrival of the COVID-19 virus and the instructions to practice social distancing. After watching the

news, I felt I needed time to digest the latest information. It dawned on me that a walk in the garden or the adjacent natural lands is always calming so I grabbed my coat, hat, mittens and dog and set out.

Even though we remain under a layer of snow and ice, I started to make mental notes of the various tasks waiting for warmer weather. Some of the chores are what I call standard – cutting back the perennials, tilling the veggie garden, raking the lawn. Others are occasional and in some years fall to the bottom of the list and are never completed – pruning the hydrangeas, edging the beds, widening and mulching the paths.

As I assessed the apple tree by the driveway, which was in desperate need of pruning, I thought these garden jobs could be a perfect solution to both the worry of the times and the need for social distancing. So, over the next weeks, I will be sharing with you my “green” activities and perhaps we can garden together while being apart!

The first task is dealing with the not-so-green artificial and dried flowers in the house. They are dust magnets and I don’t know a single person who cleans them regularly. In fact, they usually end up in the basement, at garage sales or donation depots. I see you smiling.

The key is to put on your reading glasses and approach with a firm resolution.

Last August, I cut a large bunch of peony seed heads and placed them in a lovely “Free Trade” ceramic vase given to me by a close friend. As the branches were a recent addition, dusting was quick using a turkey baster to blast a stream of air. The same held true for a large vase of dried Crocosmia. (You will likely remember my musing

about this plant, fire engine red and a hummingbird magnet.) It’s very effective dried, too.

A large elephant ear leaf, dehydrated last fall was up next. It proved easy to clean with a feather duster. Climbing onto my desk to reach it was a bigger task but that’s a story for a physical therapist.

Frankly, the older the arrangement, the scarier they are. Cobwebs on my turmeric blooms were a clear indicator that I am no Martha Stewart. Yikes! I cleaned what I could then pitched the rest into the compost bin. It took ages to clean the artificial flowers. First they were subjected to the vacuum then a soapy water bath. The wrinkled blooms only lost some of their colour. Another mental note – no more fake flowers.

Once I had this cleaning behind me, I sat at the desk to make a list of future activities for us to share. Next time we’ll look at our houseplants and down the road maybe some forest bathing and dividing perennials. I do hope you join me.

*Note: I shared this idea with my significant other and he said, “yes, I’ll practice social distancing with you – by staying at least 20 feet away from any garden work!”*



Now is the perfect time to clear away the cobwebs left behind.



Crocosmia is fire-truck red and a hummingbird magnet.

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[ontario.ca/springfirehazard](http://ontario.ca/springfirehazard)

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*Mr. Glenn Scott, President  
Haliburton Community Housing Corporation  
Email address: [president@haliburtonhousing.com](mailto:president@haliburtonhousing.com)*

*HCHC thanks all applicants. Only those chosen to be interviewed will be contacted. If contacted for an interview, please inform if you require accommodation in the interview process.*

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## 650 OBITUARIES

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In her 84th year, Isabelle passed away peacefully surrounded by loving family and friends at her own home, on her own time, to the sweet sounds of "I Can Only Imagine" on Mirror Lake, Minden, Ontario.

Pre-deceased by her loving husband Don in 2011 and her sister Beth in 2015. She is survived by her sister Laurie Ritchie, sister-in-law Pat Woodcroft, brother-in-law Earl Brears and countless nieces, nephews, cousins, extended family, her dog Amy and her ducks, whom she loved tremendously.

Isabelle was born in Acton, Ontario, to a Tanner and a Nurse. She thrived to learn and graduated as a teacher. She taught both in London, England and Dundas, Ontario. She met and later married Don Heaven in 1966 and moved to the Highlands in 1980. She was an avid participant of the Horseshoe Lake Property Association and the local Horticultural Society. She was a devout lover of the Theater and Football, specifically the Hamilton Tiger Cats, hosting many Grey Cup parties... "Oskee WeeWee!!"

Isabelle lived an incredible life of love, laughter, strength and acceptance. She was never one to judge but one who would listen and advise. She taught, tutored and loved us all, for that we are forever grateful.

At Isabelle's request, there will be no funeral service but a private Celebration of Life in the spring. Memorial donations can be made to the Haliburton Highlands Health Services Foundation.

### KETKO, Norma Margaret Louise (nee Owen)

While surrounded by her loving children, Norma passed away at Royal Gardens Retirement Residence, Peterborough, on Friday, March 20th, 2020, in her 90th year.

Beloved wife of the late John Ketko. Loving and devoted mother of Susan Nixon (Dale), Sandra Hogan (Bob), Nancy Britton (David) and John Ketko (Linda). Proud grandmother of Ken, Brent (Amber), Colleen (Ryan), Heather (Brad), Thomas, Steven and Avondale. Adoring great grandmother "grandy" of Cassidy, Aiden, Finn and Matthew. Predeceased by her seven cherished siblings. Norma will be sadly missed by her family and her friends at Royal Gardens.

We know that mom is resting peacefully with the Lord. Her love and joy of life will live on in our hearts forever. Special thanks to the wonderful staff at Royal Gardens, and to Home Instead Senior Care for their love and compassion. In light of these extraordinary times, Norma's family will be having a private committal at Pine Hills Cemetery, Scarborough. We look forward to celebrating Norma's life with all our family and friends at a later date. If desired and in lieu of flowers, donations to the Canadian Cancer Society or the Heart and Stroke Foundation in Norma's memory would be greatly appreciated. Condolences may be expressed at [www.highlandparkfuneralcentre.com](http://www.highlandparkfuneralcentre.com)

HIGHLAND PARK  
FUNERAL CENTRE  
2000 Highway 104, Peterborough, ON K9A 1Y7 Tel: 705-764-1000 Fax: 705-764-1001

### Muenzel, Edgar Henry

Passed away peacefully at his home on March 15, 2020 in his 83rd year with his family by his side. Ed was loved by so many people and will be thought of in so many ways.

Predeceased by his wife Virginia Mary (2015) married 58 years, and fondly remembered by his sisters Jean (Verl), Marjorie (Jack) and his late brother, Al (Mary). Cherished by his children, Rita (Daryl), Edgar (Jennifer) and David (Laurie). Loved by his grandchildren and extended family,

Jeremy, Kari and Mathew, Stephanie (Steve), Madison (Cole), Courtney (Mathew), Louis, Whitney (Satye), and Alexandria (Riley), and of course many great grandchildren.

Edgar will be remembered for all the many volunteering organizations, his many friends, and his ability to keep us all laughing.

Cremation has taken place, and there will be a private service for the immediate family. A Celebration of Life to be announced at a later date. Any memorial donations can be made to the Haliburton Hospital (Auxiliary) through which Edgar received such amazing care, with the family's appreciation.

Arrangements entrusted to M.G. Daly Funeral Home, Maynooth. (Cards available at the funeral home (613) 338-3259 or e-mail condolences to [dalyfuneralhome@bellnet.ca](mailto:dalyfuneralhome@bellnet.ca) or visit [www.mgdalyfuneralhome.com](http://www.mgdalyfuneralhome.com)).

**M.G. DALY**  
Funeral Home Ltd.  
200 Old Hastings Rd. • PO Box 99 • Maynooth, ON • K0L 2S0



May 9-8-7-6-5-

# HALIBURTON COUNTY ECHO

THE VOICE OF THE HIGHLANDS

THIS WEEK'S PRESS RUN—2052

5c  
PER COPY

HALIBURTON, ONTARIO THURSDAY, FEBRUARY 11TH, 1965

Established in 1882 as the  
Minden Echo & Haliburton Recorder

## Ice Equipment Arrives

The artificial ice machine for the new Haliburton Community Arena arrived on Tuesday, but it will be a while before it is put in operation. The Echo mentioned some weeks ago that it was thought possible that we would see some hockey being played there toward the end of February, but under present conditions this will not be possible.

Everyone would like to see

the arena opened for hockey and skating and considerable pressure has been put on the committee to put natural ice in but they have in our opinion, wisely decided against such a course.

This could well prove to be a costly venture and might delay the installation of the artificial ice equipment such as the piping and floor.

## Weather Report

Recorded by John Elstone

Maximum temperature 43 degrees February 10; Minimum temperature -19 degrees February 3; Snowfall 7"; Rainfall 35; Snow on ground 14".

Snow is extremely heavy on cottage roofs and recent rain have not helped the situation.

## Blame Heavy Snowfall For Recent Accidents

LINDSAY (ENS) — Friday's day-long storm which dumped about 14 inches of snow on the Lindsay area was partially responsible for a series of accidents.

The storm, which ended about 1 a.m. Saturday, reduced visibility to a few feet during Friday afternoon and created hazardous driving conditions.

Traffic had to be re-routed through Kinmount from Norland after a large tractor-trailer loaded with lumber, broke down on Highway 35 about 2 p.m.

The highway was blocked for several hours.

Minden Provincial Police said that roads were snow covered and extremely slippery.

Haliburton OPP reported conditions as "treacherous". (Peterborough Examiner)

## Glen Hodgson Named On Many Committees

Glen Hodgson, Victoria Riding MPP, has been appointed to the following Ontario Legislature standing committees Agriculture,



Education, Health and Welfare, Labor, Legal and Municipal Bills, Natural Resources, Wildlife and Mining.

## Haliburton Highlands All Set For Snowmobile Rally Feb. 28

Elsewhere in this paper is an advertisement providing full particulars of a giant snowmobile rally which is to take place at Haliburton on Sunday, February 28, 1965. The focal point of this sporting event will be the Rotary Beach. The rally which by the way is the first of its kind to be held here is being sponsored by Branch 129, Royal Canadian Legion. Given any kind of help from the weatherman, this event should attract a great deal of interest.

The first race which will be known as the Ladies' Powder Puff Race will take place at 1 p.m. The winner will receive the Dr. H. E. Good Trophy.

The second race commencing at 1:30 p.m. will be an Obstacle Race for the Royal Canadian

Legion Trophy.

A Five Mile Flat Race is the third race which will take place at 2:30 p.m. To the winner will go the Beaconbrook Hotel Trophy.

At 3:30 p.m. the fourth and last race will take place. This is what is known as the Cross Country event. The winner in this case will receive the Tip Top Tailors Trophy.

## Snow Depths

Area	Ground	Rooftop
Apsley	15.1"	7"
Gooderham	13.5"	8"
Minden	16.0"	12"
Haliburton	13.6"	12"

## Highlanders Win First Play Off In Bobcaygeon

The Haliburton Highlanders won their best two out of three play-off series with the Bobcaygeon Juveniles when they won a 7-5 decision at the Bobcaygeon Arena on Wednesday night. The Haliburton crew took the series in two straight games.

Neil Hewitt who was the star of the game netted two goals, Larry Sawyer had two, while single markers went to Danny Roberts, Ron Stackhouse and Cummings.

The locals led 3-0 at the end of the first period, and 6-4 at the end of the second.

They now await the second play-off series.

## Cleopatra Coming To Beaver & Moou

Movie fans in Haliburton County are in for a real treat. The long awaited movie "Cleopatra" with none other than Elizabeth Taylor, Richard Burton and Rex Harrison is coming at last.

This great motion picture will be playing at the Molou Theatre in Haliburton and the Beaver Theatre in Minden on the same dates, Friday, Saturday and Sunday, February 26, 27, and 28. It will be shown once nightly starting at 8 p.m.

This is your opportunity to see this much talked about movie, so plan now to attend.

## OPP Halts Bus At Bancroft On Bomb Tip

BANCROFT (Special) — Police stopped and searched a Pembroke-bound bus carrying 30 passengers recently to check a phone tipoff that a time bomb was aboard.

OPP, who received the call after a man had been put off the bus at Peterborough, about 60 miles south of here, allowed the Colonial bus to continue the journey.

An OPP spokesman at Peterborough refused to comment if the incident was being treated as a hoax, but added: "We are continuing investigations".

## Red Cross To Hold Dance At Haliburton

Plans to make this Valentine Dance the best ever are forging ahead under the capable chairmanship of Mrs. Buck Baker and Mrs. Curry Bishop. The Legion Hall will be gaily decorated in the Valentine theme, and many attractive prizes have been donated by the local merchants.

The sumptuous buffet, under the sponsorship of Mrs. Mervin Robertson, will have many added touches for the gourmet's delight, and we hear that tickets are going fast. Some are still available from either of the chairmen, or any member of the Red Cross board. Try to get to the party on Friday, February 19th, 9 p.m. to 1 a.m.

## Minden Kinsmen News

The Kinsmen Bingos are receiving excellent patronage as the jackpot draws to a close. Last week seven cards needed only one number for \$900.00. As this week 61 numbers are to be called, it is a strong possibility that some person will come away \$610.00 richer.

A scale model of the Kinsmen's children's playground is now being constructed and is to be displayed in the window of one of our merchants.

Kids, there is still \$8.00 in balloon prize money to be picked up, so you better check your Kinsmen balloons for the lucky coupons.

## What Dysart Council Did

Dysart Municipal Council held their regular meeting in the Council Chambers, Haliburton on Monday morning with all members being in attendance.

After the reading and approval of the minutes, council turned their attention to the General Accounts which amounted to \$7,128.24 and Welfare Accounts which amounted to \$782.16. After considerable discussion the above items were approved and passed. We note that the relief accounts are up from a year ago when they amounted to only \$733.38.

(Continued on Back Page)

## Firemen And Legion Hold Social Evening

The Haliburton Fire Department played host to the members of the Haliburton Branch of the Royal Canadian Legion at a party held at the Legion Hall on Monday night. We understand that the Firemen defeated the Legion at Euchre.

The evening came to a close with a delicious buffet lunch.

## The Stagels Set For The Second Annual Highland Mixed Spiel

The Second Annual Highland Mixed Bonspiel is all set for the Haliburton Curling Rink this week-end. The big spiel begins this Thursday, February 11 and carries through Friday, Saturday and Sunday. A total of 32 rinks will compete, 24 outside rinks and eight local rinks.

The bonspiel will be divided into three events with four prizes in each event, making a total of 12 sets of prizes.

The trophies and prizes are sponsored by the following: Haliburton IGA, Deer Lodge, Algar Coach Lines, Wig-A-Mog Inn, Boice Motor Sales Ltd., Walling's Dairy, C. A. Dawson Insurance, Wilberforce Veneer Co., R. J. Bishop Real Estate.

Rinks will be present from Oshawa, Brampton, Toronto, Peterborough, Lakefield, Minden and other centres in Ontario.

The highlight of the spiel will come on Saturday night when all the curlers will gather

at Deer Lodge for a delicious buffet dinner.

We here at the Echo join with all the citizens of Haliburton in welcoming you to the Second Highland Mixed Bonspiel. May you enjoy yourselves.

Accommodation for the various outside rinks has been arranged at the local hotels and motels.

## J. B. Trepanier New H.S. Chairman

Mr. J. Bernard Trepanier is the new chairman of the Haliburton Highlands Secondary School.

We believe that this marks the first time that a citizen of Minden has held this office.

The Echo extends congratulations to Mr. Trepanier and feel sure that he will have the co-operation of the Board in the administration of Secondary School affairs.

## Some Interesting Facts

The Lake Ontario Development Association have recently published a booklet entitled LODA FACTS and it contains some interesting facts regarding the growth and facilities offered by members of the association.

Population figures which are dated back to 1921 are quite interesting. In Dysart they are as follows: 1921 - 600, 1931 - 800, 1941 - 900, 1951 - 1,000, 1961 - 2,886.

Some 400 men are employed in lumbering and wood working operations.

The figures for the Township of Monmouth are only given from 1951 and are based on assessment population: 1951 - 575, 1961 - 599.

Over 100 persons are employed in the manufacture and veneer and furniture in Monmouth Township.

Census figures in 1961 give the population of Haliburton County as 8,928.

## Garry Holland Graduates From Bear School

Mr. Garry Holland of Haliburton, Ontario, Canada has just completed his training at Bear Manufacturing Company's world-famous Automotive Safety Service School in Rock Island, Illinois. Mr. Holland received intensive training in Alignment, Balancing and Frame Straightening, learning the latest techniques in this important Safety Service. The Bear School is the largest of its kind anywhere and attracts students from all over the World.

Mr. Garry Holland will apply his expert ability to make cars run safer, smoother, more comfortable and more economically at Curry Motors Ltd., Haliburton, Ontario, Canada.

## STANHOPE COUNCIL

Minutes of the Township of Stanhope Council held on February 3rd, 1965. All members present except W. Johnson.

Moved by Alf Wills, seconded by John Broderick that the minutes of January 11th, 1965 be adopted as read. Carried.

Moved by John Broderick, seconded by Alfred Wills that the Reeve contact Minden and Haliburton re fire protection for the Township and report to council at the March meeting. Carried.

Moved by Clayton P. Rogers, seconded by John Broderick be it resolved that this council to-

day assembled, agree to give permission to the Department of Highways, Province of Ontario to make necessary diversion on the Highway designated as No. 35 as it effects the Municipality of the Township of Stanhope. Carried.

Moved by Clayton P. Rogers, seconded by Alfred Wills that the Clerk be authorized to call for applications for the position of assistant assessor, and also for the position of Police, Building and Sanitary Inspector, salary to be \$1,000.00 for assessor and \$1,200.00 for Inspector. Carried.

(Continued on Back Page)

## Dysart Community Centres Board NEW ARENA FUND

All donations can be used for income tax purposes. All donations toward this fund can be sent to Albert LaRue, Phone 195W, Haliburton.

LAST WEEK'S TOTAL ..... \$14,062.22

Mr. and Mrs. Keith Sisson, West Guilford ..... 20.00  
Frost Insurance Agencies Ltd. .... 100.00  
Frank Hodgson, Haliburton ..... 100.00  
Sid Johnston, Haliburton ..... 10.00  
Western Tire Associate Store, Haliburton ..... 100.00

TOTAL TO DATE ..... \$14,392.22

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### THE RE/MAX COLLECTION



#### Kennisis Lake

Ultimate privacy with 6.90 acres and 550 ft of clean clear shoreline. Granite walkways and patios. Over 4000 sq ft of living space. This custom built "True North" log home has recently had numerous quality upgrades. Too many to mention. You'll appreciate them when you see them. 5 bdrms, 4 baths, full finished bsmt, insulated triple garage with finished loft.

**\$2,389,000**



#### Spruce Lake

Custom built 3BR, 3 bath, waterfront home/cottage. With 25 acres, 225 ft of frtg and Southern exposure. This private and peaceful property. open concept living with beautiful maple cabinetry. Cozy sunroom, gorgeous gazebo or stone patio with firepit. 2 BR guest cottage. Wheelchair accessible.

**\$1,399,000**



#### Kennisis Lake

Looking for a yr-rnd home or a 4-season cottage? Breathtaking 3-bdrm, 2 bath home. Custom built kitchen w/ granite countertops, built-in appliances, lrg island & much more. Low maintenance property is very energy efficient. 4 season sunroom. Ramps, paths & staircases suitable for all ages. 4 season bunkie & double car garage.

**\$1,150,000**



#### Grass Lake

Stunning 4 BR, 4 bath turn key home/cottage. Large sunny level lot. 100+ ft of private frtg and personal boat launch. Panoramic lake view. 80ft deck. High quality finishing's. Many upgrades in fall of 2018. Double attached garage and detached single garage with carport. Shows pride of ownership.

**\$1,050,000**



#### Colbourne Lake

Enjoy being close to nature in a quiet, private and peaceful setting. 4 BR, 2 bath log home/cottage. 25 acres of mature trees. Stunning open concept living. Engineered hardwood flooring, granite countertops and walk-out to covered wraparound deck. Heated workshop with loft.

**\$999,000**



#### Kennisis Lake

Low maintenance 4 season cottage. 4 bdrm, 1 Bath. Open concept. Oversized dining area perfect for hosting. Large deck with glass railing. Lots of space for the whole family to stay. Additional living space in bunkie. Beautifully landscaped maintenance free property. Granite flower beds and stairway to water. Ample privacy and much more.

**\$899,000**



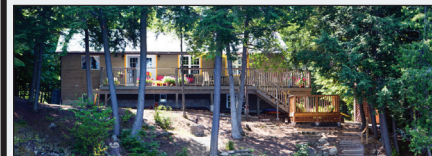
#### KASHAGAWIGAMOG LAKE \$698,000

A million dollar view! Fully furnished 3 BDRM, 2 Bath cottage. Open concept living and beautiful four season sunroom. 12X9 bunkie for additional living space. 160ft of frontage with Eastern Exposure.



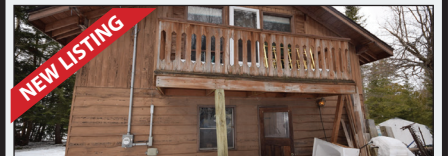
#### WENONA LAKE \$662,000

Looking for a quiet, calm and peaceful four season cottage or waterfront home? Look no further. This 3 BR, 3 bath immaculate cottage sits on a private lot. Large open concept living, excellent for hosting family gatherings. 125ft of frtg with stunning western views.



#### HALIBURTON LAKE \$639,000

Meticulously cared for 3 BR, 2 bath year round home/cottage. Private lot perfect for children to play. 176 ft frtg. Beautiful sandy beach, dock and full sun. Bright open concept living. Fully finished lower level. Enjoy the stunning views of nature. Detached single garage.



#### KENNISIS LAKE \$569,000

It's all about the lot!! Enjoy the gorgeous sunsets from this west facing level lot. Amazing rock shoreline, deep water entry is great for the avid swimmers. 125 ft frontage and year round road. Looking for a fixer upper this one is for you! 3 bdrms 2 with balconies.



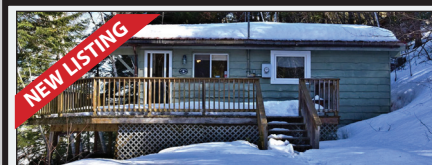
#### TWELVE MILE LAKE \$558,000

Offering a million-dollar view and spectacular sunsets! Bright open concept custom built 3 BR, 3 bath home. Floor to ceiling windows providing stunning lake views. Finished lower level. Cozy 3 season cedar screened in porch.



#### LONG LAKE \$499,900

Choose to build your dream cottage on this stunning property overlooking Long Lake or renovate the existing building which includes 2 BR and 1 full bath. Extensive 650' of water frontage. Private seasonal access and beautifully wooded 54+/- acres provides ample privacy.



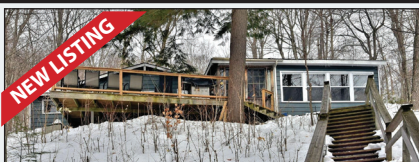
#### MISKWABI LAKE \$486,900

Turnkey 3 bdrm, 4 season cottage. Open concept living space. Finished with pine walls and ceilings, gives the true cottage feel. Recently installed laminate flooring throughout, indoor sauna. This property has it all! Walk-out to wrap around deck. Bunkie for additional living space.



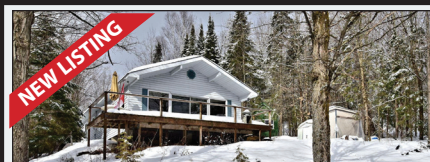
#### KOSHLONG LAKE \$458,500

Charming 2-bdrm 1 bath fully furnished cottage. Perfectly situated in a quiet bay. Pine walls and flooring throughout provides a true cottage feel. Finished bunkie. With many recent upgrades this cottage is move in ready. Large wrap around deck. Enjoy the panoramic views from the lakefront stone patio with 112 feet of frontage.



#### PERCY LAKE \$379,000

Great traditional family cottage! 4 Bdrm, 1 bath cottage has open concept living space finished w/ laminate flooring and wood interior boasts cottage charm. Large lakefront deck. Southern exposure. The list doesn't stop there, sauna building at waters edge, large sitting deck and dock.



#### LITTLE GLAMOR LAKE \$359,000

Open concept traditional 3-bdrm cottage. Large windows and walk out to the lakefront deck. Sloping to level yard with lots of space for the kids and pets to run and play. Beautiful sand beach, southern views, outdoor shower, privacy and more. 1 bedroom bunkie.

## VACANT LOTS

Drag Lake \$499,000 7.24AC  
Colborne Lake \$289,000 4.83AC  
Contau Lake \$165,000 1.33AC  
Harburn Road \$99,000 44+AC  
Irondale River \$79,900 3.22AC  
Trappers Trail \$49,900 0.93AC

Deep Bay Rd \$49,000 3.05 AC  
**SOLD** Contau Lake Road \$49,000 3.91AC  
Twist Lane \$27,900 0.43 AC  
Fred Jones Road \$34,500 6.59AC  
Fred Jones Road \$25,000 0.38AC